

HELLO NAUGATUCK



THE NAUGATUCK VNA HISTORY

INSIDE THIS ISSUE:

Naugatuck VNA Staff	2
Medicare Eligibility	2
Homebound	2
Summer Tips	3
About Us	4

The visiting nurses services originated in Naugatuck on August 21, 1919, under the auspices of the local chapter of the American Red Cross. The Howard Whittemore family local philanthropists funded the program for the first year after which time the funding was assumed by the American Red Cross, a function of many of the Red Cross agencies, at that time.

One full time nurse was employed and in July of 1920 a vehicle was purchased to assist the nurse in her travels. The service continued in this manner until July 1, 1949, when the agency known as the Naugatuck Public Health Nursing Service, became a municipal agency and a department of the Borough of Naugatuck.

The Board of Mayor &

Burgesses became the governing body of the agency and acted as the Board of Health.

On April 1, 1977, the agency became certified under the Medicare program and offered skilled nursing, physical therapy and home health aide services to those homebound residents eligible for such care.

For a time the agency offered well Child Clinics, blood pressure screenings, flu clinics, glaucoma screenings and Health Fairs until the Naugatuck Valley Health District took over these screenings

Over time the agency entered into contracts with the Easter Seal organization of Waterbury for additional physical therapy, speech and occupational therapy services for the clients.

In November of 1989, the

agency officially changed its name to the Naugatuck Visiting Nurses Association (Naugatuck VNA). This name change was made to clearly signify the agency's mission to provide Skilled Therapeutic Services.

In February 1990, the agency was licensed and certified to provide medical social work services to clients, under their physician's orders. A contact was established with Family Services of Greater Waterbury to provide such services.

In 1995, the NVNA applied for and becoming CHAP (Community Health Accreditation Program) accredited. This accreditation process has continued successfully since then.

The Naugatuck VNA has had many homes over the years and now is located at 600 Rubber Ave.





NVNA STAFF



HOMEBOUND



PLAN OF CARE

The Staff of the Naugatuck VNA

DEBRA ADAMS RN

CINDY JANDO RN

BARB MARCHAND RPT

JOANN AQUAVIA BSN

VIRTUDES JIMINEZ HHA

KATHY MASON BSN

BARBARA BAUER RN

TINA JONES RN

BEVERLY MEROLLI RPT

JOANNE CORCORAN

KAREN KISH RN

CHRIS SAMELA HHA

JOHN DELIZIO MSW

DORA LAWLOR

KELLI SARGEANT

MARY ERDMANN RN

JEAN LETARTE

THERESA STIEBER RN MS

MARY J GUIFFREDO RN

RHONDA LORD RN

The Naugatuck VNA also employs contracted therapists and home health aides

MARIA GUISTO HHA

ROSE MCGRATH RN

Medicare Eligibility and Homebound Status

“In order for a patient to be eligible to receive covered home health services under both Part A and Part B, the law requires that a physician certify in all cases that the patient is confined to his/her home. An individual does not have to be bedridden to be considered confined to the home. However, the condition of these patients should be such

that there exists a normal inability to leave home and, consequently, leaving home would require a considerable and taxing effort. If the patient does in fact leave the home, the patient may nevertheless be considered homebound if the absences from the home are infrequent or for periods of relatively short duration, or are attributable to the need to

receive health care treatment. Absences attributable to the need to receive health care treatment include, but are not limited to: Attendance at adult day centers to receive medical care; ongoing receipt of outpatient kidney dialysis; or the receipt of outpatient chemotherapy or radiation therapy.”

<http://www.cms.gov/manuals/Downloads/bp102c07.pdf>

Plan of Care Established by the Home Health Agency

The Home Health Agency acts on a physician's plan of care to provide services. The plan of care must contain all pertinent diagnoses, including: the patient's mental status; the types of services, supplies, and equipment required; the frequency of the visits to be made; prognosis; rehabilitation potential; functional limitations; activities permitted; nutritional requirements;

All medications and treatments; safety measures to protect against injury; instructions for timely discharge or referral; and any additional items the HHA or physician choose to include. If the plan of care includes a course of treatment for therapy services: The course of therapy treatment must be established by the physician after any needed consultation with the qualified therapist;

The plan must include measurable therapy treatment goals which pertain directly to the patient's illness or injury, and the patient's resultant impairments; the plan must include the expected duration of therapy services; and the plan must describe a course of treatment which is consistent with the qualified therapist's assessment of the patient's function.

Summer Safety

Heat Exhaustion Signs:

Heavy sweating -- though if heat stroke sets in, the body can no longer compensate and stops sweating; pale skin; muscle cramps; feeling tired and weak; altered mental status (confusion or disorientation); headache; becoming semi-conscious or passing out; nausea or vomiting.

Treat Heat Induced Illness

Call 911. Get the person out of the sun and into a cool area, air-conditioned area is ideal, or into the shade will also help. Apply water to help the person cool off. Apply ice to the neck or armpits, where large blood vessels are close to the surface. Remove any heavy clothing.

Immerse the body in cool water, either at a swimming pool or in a bathtub.

Tips for Staying Cool

Be aware of the heat. Pay attention to it and modify your activities appropriately. Pay attention to your hydration status and be sure to drink plenty of fluids. Try to stay in relatively cool areas, even when outside. Many public places, such as libraries, shopping malls and movie theatres, are air conditioned. Avoid hot, enclosed places, such as cars. Never leave children unattended in a car parked in the sun. Use a fan, if available. Stay on the

lowest floor of your building. Eat well-balanced, light and regular meals. Wear loose-fitting, lightweight and light-colored clothing. Cover windows that receive a significant amount of sun with drapes or shades to help keep your house cool. Weather stripping and proper insulation will keep cool air inside your home. Cool beverages are good for cooling down the body, while alcoholic drinks can impair the body's ability to regulate its temperature.

<http://abcnews.go.com/Health/Wellness/safety-tips-staying-cool-preventing-heat-illness-aid/story?id=14119676>



HEAT EXHAUSTION

Sunburn

Sunburn results from too much sun or sun-equivalent exposure. Almost everyone has been sunburned or will become sunburned at some time. Sunburn is literally a burn on the skin from ultraviolet (UV) radiation. This burn causes inflammation of the skin. Injury from sunburn can

begin within 30 minutes of exposure.

Multiple sunburns increase to risk of melanoma. Prevent sunburn by following these tips.

Sunburn prevention tips: Use sunscreen one half hour before sun exposure, reapply frequently; avoid sun during

10 am to 2 pm when sun strongest; wear a wide brim hat and long sleeves; wear sunglasses; drink plenty of water; protect snacks from spoiling by placing in cooler with ice; bring an umbrella or blanket to shelter with; use moisture lotion to protect skin; wear sandals or shoes to prevent injury to feet.



SUNBURN

Support Community Farms & Local Farmers Markets

Farmers Markets and Community Farms provide fresh local fruits, vegetables and other foods.

A Community Farm is:

- A not-for-profit, publicly accessible farm that conducts educational programming for the public.
- A center providing opportunities for meaningful work, learning, service and self-development.
- A local source of healthful produce, and a demonstration site for local food systems

Community farms serve farmland conservation purposes by:

- Community farms represent a financially viable approach for managing open space.
- A community farm provides partners including land trusts and municipal conservation commissions with valuable platforms to reach their constituencies and promote active public engagement with preserved land.

<http://www.ctnofa.org/FarmersMarkets.htm>



**FARMER'S MARKET
WEDNESDAY &
SUNDAY ON THE
TOWN GREEN**

**NAUGATUCK
VISITING NURSES
ASSOCIATION**

600 RUBBER AVE.

**NAUGATUCK, CT.
06770**

Phone:

(203) 720-7095

Fax:

(203) 729-9865

E-Mail:

nurses@snet.net

**We're on the
Web!**

**[www.naugatuck-
ct.gov](http://www.naugatuck-ct.gov)**



Naugatuck VNA Services

The Naugatuck VNA was established in the 1920s under the auspices of the American Red Cross

Services are provided under the order of a licensed physician to adults who are 18 years and older and residents of the Borough of Naugatuck.

Care givers participate in workshops, symposiums and in service educational programs.

Services include:

Nursing

Physical Therapy

Occupational Therapy

Speech Therapy

Medical Social Worker

Home Health Aides

The staff includes a director, supervisor of clinical services, registered nurses, physical therapists, home health aides, and office personnel.

Speech therapy, occupational therapy and medical social worker services are provided by professionals under contract with our department.

Other Services:

Bath Aide Program

Private pay medication assistance

Home safety checks

Referrals to community resources

About Our Organization...

The Mission of the Naugatuck Visiting Nurses Association is to provide quality Home care services in a safe and cost effective manner to individuals in need of such services in the community.

